

How massage chair can help reduce menstrual pain



Menstrual cramps and pains are some of the very common problems that most women have to face at some point of time in their lives. These pains often come and go and they can be mild or severe.

Typically they do not lead to any major health concern but may lead to overflow of period blood in some cases. Plenty of women need to use menstrual cup to manage such situations of menstrual cramps.

The pains and discomfort are primarily caused by the excess production of prostaglandins, a type of hormone-like compound which can reduce flow of oxygen-rich blood to uterus muscle, which leads to the pain.

In some cases, lifestyle habits may also cause menstrual pains, such as smoking, improper diet, lack of exercise, stress, absence of sufficient heat in the body and some other factors.

In such cases, the best thing to do is to exercise regularly and stick to a proper diet. You should also try to get rid of stress from your body and mind as it can contribute to menstrual pains in a major way. One of the best ways to get rid of stress is going for a massage.

The worst symptoms of menstrual pains are felt along the pelvis, abdomen and the back. It has been observed that regular visits to the massage therapist can actually help to relieve such pains in a great way.

If you think that you do not have the time to actually visit the massage therapist, then you can certainly get a massage chair at your home or office where you can enjoy relaxing massages as and when you want.

A good quality massage chair can bring you fast relief from pain and ensure relaxation without direct person-to-person interaction.

This is one of the options many people go for as it offers them a sense of privacy. The massage chair can also offer great convenience along with time efficiency.

Whether you are having menstrual pains or associated back pains, you can certainly benefit a lot from using a massage chair.

Massage can effectively improve lymphatic and venous flow.

It also helps to manipulate the muscles to enhance the blood flow. The increased flow of blood not only facilitates the blood circulation but also promotes absorption of various nutritional elements throughout the body and especially the tissues and muscles.

This can help in increased lymphatic circulation which helps to clear the toxins from various parts of the body. This can stimulate, revitalize and rejuvenate the massaged area. Massage also helps to enhances flexibility of the body and decreases tension and anxiety.

It can loosen the strained and tight muscles. This can help to relax the body and facilitate increased flow of oxygenated blood in all parts of the body. We already know that menstrual pains are caused by lack of oxygen rich blood in the pelvis, the abdomen and the uterus muscle.

Flow of blood is also disturbed by habits like smoking and lack of exercise. However, a massage can help to boost circulation of blood and help to reduce the menstrual pains.

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OSIM Customer Service

**SHOP B2. 400 S. Baldwin Ave., Arcadia,
California USA 91007**

Telephone : +16263488236

E-Mail: info@osim.com

Website: <https://www.osim.com/>